



May 2019

Poquoson Middle School - Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Special News... More Info... Served Daily: Trix Yogurt or String Cheese With choice of 1: Pop Tarts Nutri-grain Bars Muffins Cereal or Graham Crackers A selection of fruit: Fresh, Frozen or Canned Or 100% fruit juice Selection of Milk: Skim: White, Chocolate or Strawberry 1% White FF Lactaid White M – T – W Trix Yogurt With/ Donut Holes All grains served are whole grains. Menus are subject to change without notice.
		1 Chocolate Glazed Donut	2 Orange Glazed Cinnamon Roll	3 Sausage & Egg Biscuit Melt	
6 Cinnamon French Toast w/Syrup	7 Turkey Pancake Wrap w/syrup	8 Vanilla Glazed Donut	9 Apple Frudel	10 Chicken Biscuit	
13 Maple Waffles	14 Cinni Mini Roll	15 Maple Glazed Donut	16 Strawberry Splash Pancakes	17 Turkey Sausage Biscuit	
20 Maple Pancakes w/ syrup	21 Strawberry Cream Cheese Bagel	22 Chocolate Glazed Donut	23 Apple Frudel	24 Sausage & Egg Muffin Melt	
	28 Turkey Pancake Wrap w/syrup	29 Vanilla Glazed Donut	30 Egg & Cheese Fiesta Sandwich	31 Chicken Biscuit	

This institution is an equal opportunity provider.

May is National Physical Fitness & Sports Month ...
 Ride a bike, play a sport, swim...


